

Padma Shri Suresh Wadkar releases Maruti Stotra

Padma Shri Suresh Wadkar releases Maruti Stotra, launches Suresh Wadkar Bhakti Channel on Hanuman Jayanti. From bhajans and abhangs to mantras, shabads and stotras, Padma Shri Suresh Wadkar is known all over the world for his spiritually enlightening Bhakti Sangeet. Now, on the auspicious event of Hanuman Jayanti, music maestro Suresh Wadkar is all set to launch his own devotional YouTube

Channel, 'Suresh Wadkar Bhakti' with Maruti Stotra as its first offering. Maruti Stotra, sung by Suresh Wadkar and composed by his student Padmanabh, was released at 12 noon today.

Maruti Stotra or Hanuman Stotra is a 17th-century Stotra, hymn of praise, composed in Marathi language by saint-poet of Maharashtra, Samarth Ramdas ji. It is a compilation of praiseful verses that describe the many aspects and virtues

of Maruti Nandan or Lord Hanuman. While Suresh Wadkar Bhakti Channel will see the maestro singing devotional songs composed by his students and other various composers, Suresh Wadkar's Ajivasan Sounds has also simultaneously started other YouTube Channels, Ajivasan Bhakti & Ajivasan Sounds, to showcase and promote original music from budding & aspiring talent.

Suresh Wadkar is elated

that he is now focusing on his first love – devotional music. "I wanted to start this for a very long time but I was busy with my recordings, shows and our music academy Ajivasan. Now Padma, my wife, has completely taken over the day to day supervision of the academy. Also, I had a lot of time for myself due to this pandemic, I started working on this channel and I am happy that with Hanuman Ji's blessing it is finally on," he says.

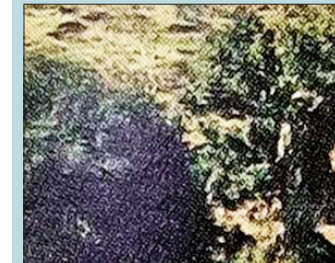


Deserted Zavar - Once, it was a seat of learning and spiritual activities

Zavar's name suggests these days simply mining activities. But those who are a bit curious and interested will find something more than mere mines of zinc excavation.

The tiny industrial town is situated forty kilometers away from Udaipur headquarter.

Its position is in the South-Eastern part of Udaipur. It is very rich in flora and fauna points of view. Two decades ago, it was a querr combination of varied culture and social activities. One who goes to Zavar mines through Zavar village will find marvelous and extraordinary relics of dilapidated temples in series; along with it, there is a vast water reservoir (bawadi) near Ramanath temple. Ramanath temple is believed to be built in 1497 by Maharana Raimal's sister Ramabai. This temple is dedicated to Lord Vishnu; prima facie



temple indicates it has withstood innumerable natural upheavals. Still, its position is not so bad but waiting to be renovated. This temple and many more temples which are neglected signifies an enriched era from the point of view of the dedication of people towards religious activities; many broken statues are scattered here and there without proper regard. For the viewers, such an indifferent attitude of the related department is a matter of great concern. After all, such a rare heritage needs to be protected and preserved for generations to come. We can imagine lightning diyas (lamp) and the ringing of bells all together must create a spiritual ambience at that time. All this has vanished. How such a rich spot became standstill in those days is still clueless. Maybe due to natural catastrophe or invasion by an outsider is not known. Not only this, Zavar was known outside India for Zinc excavation and its ingenious smelting process along the roadside. We can see ample earthenware's meticulously crafted for the smelting process. All these pots systematically put together, filled with ore, and heated, which resulted in pure Zinc.

It is unbelievable that people of that time were well acquainted and experts in metallurgy 2500 years ago. It will not be exaggerated to say that all these activities inspired the industrial revolution in Europe

At last, it is excruciating that the concerned department neglects such a rare heritage day-to-day beings. Something substantial step must be taken. To preserve for the generation to come.

- JAYANTI LAL PANCHAL

Stress and health are inversely proportional: Dr. Narendra Singh Rathore

Udaipur: Stress, and health are inversely proportional.

The above idea was delivered by Dr. Narendra Singh Rathore, Vice-Chancellor of Maharana Pratap University of Agriculture and Technology, Udaipur, as a Chief Guest of the inauguration ceremony in a one-day national webinar on "Health and Stress Management during Covid-19", organized in joint aegis of the College of Community and Applied Sciences, All India Council of Agricultural Research, New Delhi, & National Agricultural Higher Education. While addressing this online webinar, V.C. said that when Stress increases, health decreases, and Stress decreases, then health increases.

He called for ensuring dietary safety, nutritional security, health protection, and immunity protection while discussing the four dimensions of health, namely physical, mental, social, and spiritual aspects. Along with this, anger management, religion-work - belief in mind, exercise, relationships in relationships, The Dean of Community and Behavioral Sciences College, Dr. Meenu Shrivastava, welcomed & said that a person's health and nutritional status are influenced by many factors such as age, gender, health status, lifestyle, and medicines. Describing the webinar as entirely suitable, she said that at present, there are many apprehensions in the mind of this epidemic; at such a time, during this webinar, direct communication with subject matter experts will surely inspire and inspire the commoner.

Convener of the webinar, Dr. Ajay Kumar Sharma, Dean, CTAE, World Bank-funded, Institutional Development Program, National Investigator of Higher Education Project, Maharana Pratap University of Agriculture and Technology, Udaipur, said that day-to-day form Fear/anxiety is common in all people due to the increasing graph of death of so many people. But we have to do the same to avoid this. He described the continuous motivation and the busiest routine as useful for this.

Dr. Sharma, Director of Research, emphasized the uniformity of the three H's of life, such as Head, Hearts, and Hands, and said that to overcome this global epidemic, one must strengthen oneself. Along with this, a regular and restrained routine has to be followed. After the introduction given by the Organizing Secretary Dr. Renu Mogra, the keynote speaker, Dr. Mohit Sharma, Heart Specialist of Sawai Mansingh Hospital, Jaipur, in his address, from the examples of Maharishi Patanjali's Yoga Sutras, Ramayana, Mahabharata etc. to World Health Organization explained that the root cause of this epidemic is five afflictions named Avidya, Asmita, Raga, Malice and Abhinivesh. He explained through the happenings in everyday life that you should take it like other diseases. Due to little knowledge about this, the situation is becoming uncontrollable at present. You expressed confidence that a healthy routine, sattvic food, family members, cheerful personality, meditation, yoga, A calm mind is the way to avoid this epidemic. Include them regularly in your lifestyle so that you can get the strength to fight against diseases during a sudden emergency. Emphasizing to keep the weft of the breath healthy, he appealed to overcome the fear of death by being the most confident. He mentioned that pay attention to the symptoms more than the report. It is airborne so keep a distance of fewer than three feet from work. Follow the advisory issued by the government. Through the quiz, you resolved the curiosities so that all can be Stress-free. While conducting the session, the Organizing Secretary, Dr. Gayatri Tiwari told that while giving information about the webinar, the main objective of organizing the webinar is to create awareness among students and the general population regarding health and Stress, overall health care. Providing knowledge about the necessary actions in relation was to equip the students for woman's management. Must make a note to the participants by making concluding remarks. B. CD. A request to remember means awareness, bailiff system, control, and divert yourself.

National Webinar on “A Call for Civilizational Change in the Hour of Covid -19 Crisis” organized by Department of Philosophy, M.L.Sukhadia University

The World will have to Choose Between Nationalist Alienation and Global Solidarity to Meet COVID 19 like Crises

Udaipur: The pandemic COVID-19 has presented a civilizational dilemma before humanity. In the face of increasing nationalist tendencies the world over including the narrow nationalism practiced by the BJP led NDA government since 2014, the world today is face to face with a dilemma. COVID - 19 has put a challenge before these nationalist tendencies and has proved that a genuine global solidarity between nations alone can enable humanity to face such pandemics in the future also. Narrow nationalism can only make countries with less resources feel destitute in such crises. This COVID -19 has also given rise to certain questions about the efficacy of institutions like religion, caste, state, political parties and parliaments and indicated at a need to rethink about their role in meeting such crisis. The helplessness of common men has been caused by systemic failure as well as the failure of these institutions. All these ideas emerged in a national webinar held on 5th May, 2021 organized by the department of Philosophy, M.L.Sukhadia University, Udaipur. The Webinar was inaugurated by Prof. Amerika Singh, Vice Chancellor of Mohan Lal Sukhadia University, Prof. Sudha Chaudhary, Head, Department of Philosophy and convener of the webinar introduced the guest speakers and laid down the topic for discussion. She said that COVID 19 has presented before mankind an existential crisis. The global

span of its spread has subdued national identities and brought together all people of the world. However, some leaders of the governments are busy consolidating their political positions instead of using all their resources to help people. This has given rise to a need of rethinking our civilization and its evolution. Addressing the webinar Prof. Ambika Datt Sharma, Professor of Philosophy at Hari Singh Gaur Central University maintained that the division of the streams of knowledge in various specializations has created a situation of Catch-22 in which nobody is able to talk about this situation authentically. He expressed his fears of the increasing Virtualization of world and life and said that the future could be more nightmarish.

He feared that the future could see greater clashes between nations in the form of unconventional wars. He stated that Modernity has made this crisis more severe though, he clarified that, this disease is not a product of modernity. He maintained that Gandhian model could be explored as an alternative development model to save humanity from such crises.

Prof. R.K.Deshwal, Professor of Philosophy at Kurukshetra University, Haryana talked about various streams of Philosophy and explained the practices of Yoga which could be helpful in facing Corona. He said that meditation and Aasans of various types can help in mitigating the pain of the disease. Prof. Alok Tandon, eminent Philosopher from Haridwar, Uttar Pradesh spoke at length about the socio-

economic dimensions of the topic and advocated the socialist model of political economy to face such challenges in future. He maintained that the crisis became more severe because of the failure of the states to assess its nature in time. Also, the crisis was caused by the systemic failure. In India it was worsened by the lack of modern and rational approach in the ruling party particularly, the Prime Minister and the Home Minister who kept holding massive rallies and permitted Kumbh gathering to fulfill their political agenda. He said that nations should plan to provide universal education, health facilities and ensure minimum income for the lower income groups if such a crisis is to be met effectively. He said that modernity has given a scientific and rational outlook to humanity.

Only such an outlook can help us understand such medical emergency. The political and religious leadership should refrain from spreading superstitious propaganda about cure of such diseases as it confuses people. He said that the capitalist model of economic development which has given rise to a huge dependence on private sector in health and education sector is responsible for profiteering and corruption even in this crisis. Participating in the discussion Prof. Hemendra Chandalia, Professor of English at Janardan Rai Nagar Rajasthan Vidyapeeth paid a tribute to the people who had died due to COVID-19 and stated that more than 3.22 million people have died and about 154 million people have got infect-

ed in the world from this disease. He described this disease as the nature's wake up call against consumerism and global ecological imbalance. He maintained that Neo-liberalism is the cannibalization of human society. We started from an age defined as "Barbaric" age but this COVID 19 has shown that barbaric tendencies in human society have remained despite centuries of civilization. He raised the questions about economic development vis-a-vis civilizational development. He questioned the efficacy of institutions like caste, religion and God in meeting COVID 19 crisis. He asked where are GOD, religion and caste today? Why can they not come with a solution to relieve humanity of this pandemic? He talked of power centers and their relationships which have grown during evolution of civilization. He stated that the major problem is that of distribution while capitalism focuses only on issue of production and consumption.

He referred to US spending on defense which is about 721.5 billion dollars. He questioned what is the need of so much of spending on weapons of destruction. India also spends 1.63 % of the budget on defense and this year there is a rise of 19% on defense spending in Indian budget. He pleaded for a rethinking on these and demanded an equitable distribution of power and resources for a balanced development of the world. The webinar ended with a vote of thanks by Prof. Sudha Chaudhary. Nearly ninety participants were present on the virtual platform from across the country.

The polyherbal drug AYUSH 64 has been found to be useful in treating mild to moderate cases of Covid 19 in clinical trials

Described by experts as a ray of hope in the time of the pandemic, the polyherbal drug AYUSH- 64 which was originally developed in 1980 for treatment of malaria, has now been repurposed for Covid 19. The Central Council for Research in Ayurvedic Sciences (CCRAS), a research institution under the Ministry of Ayush devoted to Ayurveda, recently concluded extensive and robust clinical trials of the drug in collaboration with the Council of Scientific and Industrial Research (CSIR) and many other research organizations and medical colleges across the country. The trials led by reputed scientists of the country showed AYUSH 64 has notable antiviral, immune-modulator and antipyretic properties. It is found to be useful in the treatment of asymptomatic, mild and moderate COVID-19 infection. Consequently, the drug is now repurposed for COVID-19.

The announcement by the Ministry of the findings of the clinical trials in a press conference on 29th April 2021 has led to considerable interest in AYUSH -64 among the public as well as medical practitioners. Responding to the numerous queries received in the matter, the Ministry has now released replies to the same in the Frequently Asked Questions (FAQs) format, and the same are reproduced below:

What is Ayush-64

Ayush-64 is an Ayurvedic formulation, developed by the Central Council for Research in Ayurvedic Sciences (CCRAS), the apex body for research in Ayurveda under the Ministry of Ayush. Originally developed in 1980 for the management of Malaria, this drug has now been repurposed for Covid 19 as its ingredients showed notable antiviral, immune-modulator and antipyretic properties. The in-silico study done on Ayush 64 showed that 35 out of 36 of its Phyto-constituents have high binding affinity against COVID 19 virus. The formulation has also shown very promising results in Influenza like illnesses. With scientific evidence generated from 06 clinical studies across India, Ayush 64 has been identified as a potential adjunct to standard care in the management of asymptomatic, mild and moderate COVID 19 to improve the clinical recovery and quality of life.

Who can take Ayush-64?

It can be taken by patients at any stage of the COVID-19 disease. However, its efficacy was scientifically studied in asymptomatic, mild and moderate disease without risk factors for poor outcome and those not requiring emergency interventions or hospitalization are eligible to take Ayush-64. Patients of mild to moderate COVID-19 cases showing initial symptoms like fever, malaise, body ache, nasal congestion, nasal dis-

charge, headache, cough etc. and of asymptomatic cases of COVID-19 can start taking Ayush 64 within 7 days of diagnosis of the disease through RT-PCR for better outcome.

Why should I take Ayush-64?

Ayush-64 is found to significantly enhance the speed of clinical recovery in terms of disease symptoms and severity. It also has significant beneficial effects on general health, fatigue, anxiety, stress, appetite, general wellbeing and sleep.

Is its efficacy on COVID 19 scientifically proven?

Ayush-64 is a poly herbal formulation developed in compliance to all regulatory requirements as well as quality and pharmacopoeial standards by the Central Council for Research in Ayurvedic Sciences (CCRAS) the apex body for research in Ayurveda under the Ministry of Ayush. It has been scientifically established to be useful in the treatment of asymptomatic, mild and moderate COVID-19 infection as an adjunct to standard care through robust clinical trials conducted in the country. The results of the clinical trials demonstrated that Ayush 64 as an adjunct to standard of care (SoC) showed clinically significant improvement and thus lesser period of hospitalization as compared to SoC alone.

What is the ideal dose for Ayush-64 in COVID 19 patients?

The dose for asymptomatic COVID 19 case is 2 tablets of 500 mg twice daily one hour after meals with warm water for 14 days. The dose for mild to moderate cases is 2 tablets of 500 mg thrice daily one hour after meals with warm water for 14 days.

Are there any side effects of Ayush-64?

Loose motions can occur in some patients, which is self-limiting and does not require any medical intervention

Can Ayush-64 be taken as prophylactic medicine also?

It may be used for prophylaxis also, in a dose of 2 tablets of 500 mg twice daily, but its efficacy as a prophylactic agent has not been demonstrated through clinical studies. But if a person is exposed to a COVID-19 case, Ayush-64 can be taken when symptoms appear. In such instances, the person should get tested for COVID-19 through RT-PCR or Rapid antigen test and should follow SoC.

Should Ayush-64 be taken as standalone treatment in mild cases?

It can be taken as a standalone treatment in mild cases under the supervision of an Ayurvedic physician, provided there is availability of appropriate referral facilities. However, it is advised that Ayush64 should be taken as adjunct to the SoC in mild to moderate disease, when the patient is under home isolation. Ayush-64, shall only be used as per the advice of a qualified Ayush practitioner.

For how many days should Ayush-64 be taken?

Ayush-64 can be taken for a minimum period of 14 days. However, if required, it can be taken up to 12 weeks, as per the advice of a qualified Ayush practitioner. It has been scientifically proven to be safe up to 12 weeks, through clinical studies.

How should Ayush-64 be taken?

It can be taken with warm water, preferably one hour after food.

Can a COVID-19 patient with other comorbidities take Ayush-64?

Patients with co-morbidities like hypertension, diabetes etc., can take Ayush-64 for asymptomatic, mild to moderate disease and are advised not to discontinue their respective medications.

Is Ayush-64 safe, if taken after vaccination?

Yes. If a person gets infected even after vaccination, Ayush-64 can be taken within 7 days of testing RT-PCR positive for SARS CoV-2, in consultation with an Ayush Physician. However, evidence in favor of it has not been elicited through scientific studies.

Is it safe in pregnant and lactating women?

The safety of Ayush-64 in cases pregnant and lactating women is not established through scientific studies.

Is Ayush-64 available in the market?

It is available in market and can be purchased from Ayurvedic pharmacies. However, it should be ensured that, it should not be used as an over the counter prescription (OTC) and shall only be used under the supervision of Ayurvedic physicians.

What guidelines should I follow while taking Ayush-64?

There are no special precautions to be followed while using Ayush-64. However, one must follow all the COVID-19 related guidelines given by Ministry of Ayush and Ministry of Health and Family Welfare, Government of India.

- GOPENDRAA NATH BHATT